

BODYBUILDING HARDCORE COMPETITION WORKOUT FOR THE NECK

For a hardcore bodybuilding competition workout targeting the neck, the goal is to maximize hypertrophy, density, and aesthetic thickness while maintaining safety—since the neck is a sensitive area prone to injury if overstrained^{[1] [2] [3]}. Below is a structured, advanced neck workout protocol suitable for competition prep.

Neck Workout for Hardcore Bodybuilding

Warm-Up (Essential for Injury Prevention)

- **Dynamic Neck Rotations:** 8–10 reps each direction^[4].
- **Bodyweight Neck Curls:** 10–12 reps, slow tempo, lying on a bench, focusing on full range of motion^[4].
- **Lateral Neck Curls:** 10–12 reps per side^[4].
- **Rear Neck Curls:** 10–12 reps, emphasizing stretch and contraction^[4].
- **5-Second Stretches:** Side-to-side, then add head rotation to curls (chin to shoulder)^[4].

Main Workout (3–4 Exercises, 3–4 Sets Each)

- **Neck Curl (Front)**
 - *How to:* Lying on your back, roll a towel or use a beanie for comfort, place a weight plate on your forehead, and perform controlled curls.
 - *Reps:* 8–15 (competition prep may use lower reps with more weight, but for safety, stick to higher reps unless experienced)^{[5] [6] [1]}.
- **Neck Extension (Back)**
 - *How to:* Lie face down with your head off the bench, place a light weight behind your head, and perform controlled extensions.
 - *Reps:* 8–15^{[5] [3] [1]}.
- **Lateral Neck Flexion (Sides)**
 - *How to:* Lying on your side, place a light weight on your head, and perform controlled lateral curls.
 - *Reps:* 8–15 per side^{[5] [6] [1]}.
- **Stability Ball Neck Bridges (Advanced)**
 - *How to:* Lie back on a stability ball with your head resting on it. Lift your hips into a bridge, then roll your head through flexion and extension.
 - *Reps:* 15–25 per set^{[2] [7]}.

- **Shrugs (Upper Traps)**

- *How to:* Dumbbell or barbell shrugs, heavy weight, controlled movement.
- *Reps:* 6–12 per set^[2] ^[3] ^[1].

Progression and Safety

- **Start light:** Use bodyweight or very light added weight even if you are strong in other lifts^[6] ^[5].
- **Increase reps before adding weight:** Aim for 3 sets of 15–30 reps before increasing resistance^[5].
- **Frequency:** 2–3 times per week, with at least one day of rest between sessions^[1] ^[2].
- **Avoid overtraining:** If you feel sharp pain or excessive tension, stop immediately^[3] ^[1].

Sample Hardcore Neck Workout Table

Exercise	Sets	Reps	Notes
Neck Curl (Front)	3–4	8–15	Use weight plate if advanced
Neck Extension (Back)	3–4	8–15	Light weight, control
Lateral Neck Flexion	3–4	8–15	Per side
Stability Ball Bridges	3	15–25	Advanced, full range
Shrugs	3	6–12	Heavy, controlled

Additional Tips

- **Mind-Muscle Connection:** Focus on feeling the neck muscles contract throughout each rep^[4] ^[5].
- **Full Range of Motion:** Ensure you go through the entire range safely for each movement^[8] ^[2].
- **Recovery:** Stretch and massage the neck post-workout to reduce soreness and stiffness^[4] ^[1].
- **Injury Prevention:** Never use excessive weight or jerky movements; prioritize control^[3] ^[1].

This routine will help you build a thick, competition-ready neck while minimizing injury risk.

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1. <https://www.jefit.com/wp/exercise-tips/optimal-and-safe-ways-to-build-neck-size-a-scientific-guide/>
2. <https://marathonhandbook.com/neck-workout/>
3. <https://www.youtube.com/watch?v=l1ertAfrCIU>
4. <https://www.youtube.com/watch?v=gimeRpdqWQw>
5. <https://bodybuildingsimplified.com/blogs/bodyparts-1/calves-1>
6. <https://www.youtube.com/watch?v=WtKdTeMZx5E>
7. <https://blog.spartacus-mma.com/neck-exercises-fitness-bodybuilding-boxing/>

8. <https://www.muscleandfitness.com/workouts/workout-tips/top-4-neck-exercises-for-a-wide-thick-neck/>